

# EAP Newsletter APR 24

This month, we look at the effects of good sleep hygiene on our physical and mental health and remind you to try our new app **habithealth+**. The app includes a range of ‘health journeys’ including one specifically designed to help you sleep better. You can download the app and use it to support your everyday health.

## The effects of sleep

**There’s nothing like waking up after a good sleep feeling refreshed and ready to take on the day. Practising good sleep hygiene, or sleep habits can help improve our overall wellbeing.**

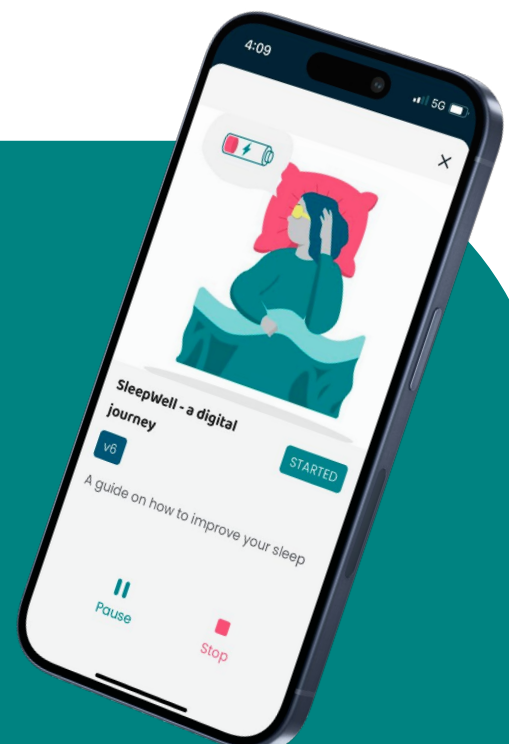
Good sleep hygiene enables us to fall asleep more easily, stay asleep for longer and get a deeper, more restful sleep, allowing our brains and bodies to rejuvenate. Sleep has a beneficial effect on almost all the body’s major systems—from the cardiovascular system to the muscular system to the digestive system—and can be key to fighting disease. Alternatively, anyone who has suffered through a night of insomnia knows the feeling of fatigue and lethargy that come with inadequate sleep. Insomnia or fatigue can have detrimental effects on the body including;

- Poor heart health
- Weakened immune system
- Heightened risk of obesity
- Diabetes
- Sexual dysfunction
- Certain kinds of cancer

## habithealth+

Our new app looks at some of the factors that are needed for good sleep. Follow our sleep ‘health journey’ It will guide you to take proactive steps to improve your sleep.

Download from the app store today.



# A good night's sleep

Getting a good night's sleep is important for your health. In fact, it's just as important as eating a balanced, nutritious diet and exercising.

Sleep needs vary from person to person, most adults require between 7 - 9 hours of sleep per night. Yet, up to 35% of adults don't get enough sleep.



## Why should you develop a good sleep routine?



### Weight management

Short sleep durations are associated with an increased risk of developing obesity and weight gain. Sleep deprivation may increase your appetite.



### Avoiding depression

Irregular sleeping patterns are strongly linked to a lower mood and/or depression, particularly for those with a sleeping disorder.



### Increased concentration and productivity

Good sleep appears to enhance problem-solving skills and memory acumen. In contrast, poor sleep has been shown to impair brain function and sharp decision-making skills.



### Promotes a healthy immune system

Getting at least 7 hours of sleep can improve your immune function and help fight the common cold.



### Increase athletic performance

Getting enough sleep has been shown to improve many aspects of athletic and physical performance.



### Reduce risk of disease

Sleep disturbances are linked to higher levels of inflammation, this can increase your risk of developing conditions like heart disease, depression, and Alzheimer's disease.



### Strengthen your heart

Sleeping fewer than seven hours per night is linked to an increased risk of heart disease and high blood pressure.



### Improved emotional response

Sleep deprivation may reduce your social skills and ability to process and regulate emotions.



### Reduced risk of diabetes

Many studies show a strong association between chronic sleep deprivation and the risk of developing type II diabetes.



**Our team are here to help**

To make an appointment, [Book online](#) or call **0800 327 669**

[eapservices.co.nz](https://eapservices.co.nz)